

Classes Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:30 – 10:30 Circuits† Catherine	09:30 – 10:30 Body Conditioning Grace	09:30 – 10:30 LBT Mel	09:45 – 10:45 <small>LES MILLS</small> Body Balance Betsy	09:15 – 10:15 A.B.C Mel	09:00 – 10:00 Zumba Mel	
	10:30 – 11:30 Pilates Grace				10:00 – 10:45 Cardio Strength Mel	10:00 – 11:00 20/20/20 Lisa
	17:45 – 18:30 Circuits† Simon					
17:45 – 18:30 Ab Attack Mel	18:30 – 19:30 (Function Room) Pilates Jessica	18:15 – 19:15 Zumba Mel	17:50 – 18:35 <small>LES MILLS</small> Body Combat Kirsty	18.00 – 18:45 HIIT Simon		
18:30 – 19:30 <small>LES MILLS</small> Body Combat Emma	18:35 – 19:20 <small>LES MILLS</small> Body Pump† Sally	19:15 – 20:15 <small>LES MILLS</small> Body Balance Betsy	18:40 – 19:40 <small>LES MILLS</small> Body Pump† Kirsty			
19:30 – 20:45 Yoga Bernice	19:25 – 20:10 <small>LES MILLS</small> Body Combat Sally		19:45 – 20:45 Pilates Nikita			

Over 18's Only†